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AUTHOR	Sexton, Thomas L., Ed.; Griffin, Barbara L., Ed.
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ABSTRACT

Constructivists believe that counselors and therapists help clients with the construction of knowledge by helping clients expand their alphabet into more flexible, viable, and complex acts of telling (language, conversations, narratives). Ways in which professionals can deconstruct the fundamental assumptions of the mental health professions and offer a constructivist alternative are explored in this book. Twenty-five contributors, who cut across traditional areas of specialization, apply constructivist thinking to a broad range of counseling activities, including practice, research, supervision, and training. The material is divided into five parts. Part one describes the constructivist paradigm and explores topics such as constructivist thinking within the history of ideas, constructivism and reality, the social construction of culture, gender, social constructionism and psychotherapy, and client development. In part two, applications of constructivist thinking are presented. The topics covered here include therapy and language, multicultural counseling, career counseling, and ways to reframe guidance and counseling in the schools. Some applications of constructivist thinking in counseling research are given in part three, whereas part four describes applications of constructivist thinking in counseling training and supervision. The last section outlines some implications of the constructivist paradigm. A list of references follows each chapter; an index is included. (RJM)

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